



# COLLINS CROSS COUNTRY

## LETTER CRITERIA

To earn a varsity letter in Cross Country, an athlete must abide by the following:

- Adhere to the Team Values
- Represent Collins in a sportsmanlike fashion at all meets and practices
- Show evidence of commitment to the team and expertise in both running and in the sport of cross country
- Run in at least three meets (this does not apply to MS “call ups”)
- Exhibit leadership and maturity
- Progress both within the season and from the previous year

The athlete must also meet at least one of the following criteria:

### 1. **Records**

- a) Break (vs. establish a school record) a school record (individual or team time)

### 2. **Score / Qualify**

- a) Participate in the State Meet (seven athletes who start the race)
- b) Score at the Regional Meet (top five)

### 3. **Performance**

- a) Attain a time in a meet on the Collins schedule below **19:30** for boys and **23:45** for girls
- b) Finish the season in the top 125 in the 3A Region 4 Rankings (after the regional race) as posted by KY MileSplit

4. **Coaches' discretion** (e.g. senior who has been with the program for four years and just missed one of the above criteria and has shown good progression from the previous year).

Note: The coaches reserve the right to alter the above criteria based on final season standings / times (e.g. if an athlete runs a 24:05, has worked hard, has the eighth best season time and has adhered to the rules and athletic code, or a middle schooler who runs in less than four meets, or the 130<sup>th</sup> best time in the region is significantly different from the above time thresholds).